

## Dark Green and Orange Vegetables

This savory recipe is made with a slightly sweet tomato sauce deliciously tucked between layers of whole-wheat lasagna noodles, butternut squash, and spinach, all nestled under part-skim mozzarella cheese.



# Squish Squash Lasagna

## **LIBERTY ELEMENTARY SCHOOL**

Powell, Ohio

### **Our Story**

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The recipe team from Liberty Elementary School made it a goal to create a recipe that would be enjoyed by kids. Students wanted a new lunch menu with more flavor and variety. They started the recipe development process by surveying 4th and 5th grade students. After the survey results were compiled, the team decided to test two recipes and conduct a student taste test to measure the quality of the recipes. With feedback from students, the team developed Squish Squash Lasagna, featuring butternut squash. This savory vegetable has a deep orange color and sweet, nutty taste similar to pumpkin that children are sure to enjoy.

After sampling the dish, some students returned for second helpings. That's when the team knew that this recipe was a hit! Students at Liberty Elementary School were thrilled to learn that this recipe could be a part of their daily lunch program. Squish Squash Lasagna offers students a flavorful dining experience. Excite students by making this dish a part of your planned lunch menu!

### **School Team Members**

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#### **SCHOOL NUTRITION PROFESSIONAL**

Jackie Billman

#### **CHEF**

Jeff Lindemeyer (Executive Chef, Cameron Mitchell Restaurants)

#### **COMMUNITY MEMBERS**

Nicole Hancock and Michelle Lounsbury

#### **STUDENTS**


Tori L., Alexis H., Leah L., and Buddy F.

# Squish Squash Lasagna

Meal Components: Meat Alternate-Red/Orange Vegetable-Other Vegetable-Grains

Main Dishes D-59r

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Fresh onions, diced	12 oz	2 ½ cups	1. To make tomato sauce, sauté onions and garlic in oil for 2-3 minutes. Add tomatoes, oregano, thyme, and basil. Simmer over low heat, uncovered, for 30 minutes, stirring occasionally.
Fresh garlic, minced	1 ½ oz	2 Tbsp 1 tsp	
Canola oil		1 tsp	
Canned low-sodium diced tomatoes	3 lb 2 oz	1 qt 2 cups (½ No. 10 can)	
Dried oregano		¾ tsp	
Dried thyme		¾ tsp	
Dried basil		¾ tsp	
Whole-wheat lasagna sheets, no-boil, 3 ½" x 7" sheets	1 lb 3 oz	32 sheets	2. Place pasta sheets in hot water for 7-10 minutes. Remove sheets as dish is assembled.
*Fresh butternut squash, peeled, sliced ¼"	4 lb 10 oz	70 slices	
*Fresh spinach, sliced 1/8"	8 oz	3 ¼ cups	
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	12 ½ oz	3 ⅞ cups	

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

# Squish Squash Lasagna

Meal Components: Meat Alternate-Red/Orange Vegetable-Other Vegetable-Grains

Main Dishes D-59r

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
			<p>3. Assembly: Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 25 servings, use 1 pan. Spread ingredients evenly across each pan.</p> <p>First layer: a. 16 lasagna sheets, slightly overlapping approximately 1" b. 2 ½ cups tomato sauce (about 1 lb 2 oz) c. about 2 ½ cups spinach (4 oz) d. 2 lb 5 oz squash slightly overlapping (35 slices)</p> <p>Second layer: Repeat first layer</p> <p>Third layer: a. 2 ½ cups tomato sauce (about 1 lb 2 oz)</p>
			<p>4. Cover with foil and bake until squash is fork tender: Conventional oven: 350 °F for 60-75 minutes Convection oven: 350 °F for 40-55 minutes</p>
			<p>5. Remove from oven. Sprinkle 12 ½ oz (3 ⅞ cups) cheese evenly over each pan of lasagna.</p> <p>6. Bake uncovered until cheese starts to brown slightly: Conventional oven: 350 °F for 15 minutes Convection oven: 350 °F for 10 minutes</p> <p>Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
			<p>7. Remove from oven and allow to set for 15 minutes before serving.</p> <p>8. Critical Control Point: Hold for hot service at 135 °F or higher.</p>
			<p>9. Portion: Cut each pan 5 x 5 (25 pieces per pan).</p>



The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.


# Squish Squash Lasagna

Meal Components: Meat Alternate-Red/Orange Vegetable-Other Vegetable-Grains

Main Dishes D-59r

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 piece provides ½ oz equivalent meat alternate, ⅝ cup red/orange vegetable, ⅓ cup other vegetable, and ¾ oz equivalent grains.	25 Servings: about 10 lb	25 Servings: 1 steam table pan

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide	
Food as Purchased for	25 servings
Mature onions	14 oz
Butternut squash	5 lb 8 oz
Baby spinach	9 ¼ oz


Nutrients Per Serving			
Calories	175.41	Saturated Fat	1.58 g
Protein	7.59 g	Cholesterol	7.65 mg
Carbohydrate	29.05 g	Vitamin A	9102.60 IU (455.95 RAE)
Total Fat	3.72 g	Vitamin C	18.19 mg
		Iron	1.15 mg
		Calcium	149.17 mg
		Sodium	83.24 mg
		Dietary Fiber	4.94 g

# Squish Squash Lasagna

Meal Components: Meat Alternate-Red/Orange Vegetable-Other Vegetable-Grains

Main Dishes D-59r

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Fresh onions, diced	1 lb 8 oz	1 qt $\frac{3}{4}$ cups	1. To make tomato sauce, sauté onions and garlic in oil for 2-3 minutes. Add tomatoes, oregano, thyme, and basil. Simmer over low heat, uncovered, for 30 minutes, stirring occasionally.
Fresh garlic, minced	3 oz	$\frac{1}{4}$ cup 1 $\frac{1}{2}$ tsp	
Canola oil		2 tsp	
Canned low-sodium diced tomatoes	6 lb 4 oz	3 qt (1 No. 10 can)	
Dried oregano		1 $\frac{1}{2}$ tsp	
Dried thyme		1 $\frac{1}{2}$ tsp	
Dried basil		1 $\frac{1}{2}$ tsp	
Whole-wheat lasagna sheets, no-boil, 3 $\frac{1}{2}$ " x 7" sheets	2 lb 6 $\frac{1}{4}$ oz	64 sheets	2. Place pasta sheets in hot water for 7-10 minutes. Remove sheets as dish is assembled.
*Fresh butternut squash, peeled, sliced $\frac{1}{4}$ "	9 lb 4 oz	140 slices	
*Fresh spinach, sliced 1/8"	1 lb	1 qt 2 $\frac{1}{2}$ cups	
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	1 lb 9 oz	1 qt 2 $\frac{1}{4}$ cups	


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# Squish Squash Lasagna

Meal Components: Meat Alternate-Red/Orange Vegetable-Other Vegetable-Grains

Main Dishes D-59r

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
			<p>3. Assembly: Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans. Spread ingredients evenly across each pan.</p> <p>First layer: a. 16 lasagna sheets, slightly overlapping approximately 1" b. 2 ½ cups tomato sauce (about 1 lb 2 oz) c. about 2 ½ cups spinach (4 oz) d. 2 lb 5 oz squash slightly overlapping (35 slices)</p> <p>Second layer: Repeat first layer</p> <p>Third layer: a. 2 ½ cups tomato sauce (about 1 lb 2 oz)</p>
			<p>4. Cover with foil and bake until squash is fork tender: Conventional oven: 350 °F for 60-75 minutes Convection oven: 350 °F for 40-55 minutes</p>
			<p>5. Remove from oven. Sprinkle 12 ½ oz (3 ¾ cups) cheese evenly over each pan of lasagna.</p> <p>6. Bake uncovered until cheese starts to brown slightly: Conventional oven: 350 °F for 15 minutes Convection oven: 350 °F for 10 minutes</p> <p>Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
			<p>7. Remove from oven and allow to set for 15 minutes before serving.</p> <p>8. Critical Control Point: Hold for hot service at 135 °F or higher.</p>
			<p>9. Portion: Cut each pan 5 x 5 (25 pieces per pan).</p>

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# Squish Squash Lasagna

Meal Components: Meat Alternate-Red/Orange Vegetable-Other Vegetable-Grains

Main Dishes D-59r

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 piece provides ½ oz equivalent meat alternate, ⅝ cup red/orange vegetable, ⅓ cup other vegetable, and ¾ oz equivalent grains.	50 Servings: about 19 lb 8 oz	50 Servings: 2 steam table pans

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide	
Food as Purchased for	50 servings
Mature onions	1 lb 12 oz
Butternut squash	11 lb
Baby spinach	9 1 lb 2 ½ oz


Nutrients Per Serving			
Calories	175.41	Saturated Fat	1.58 g
Protein	7.59 g	Cholesterol	7.65 mg
Carbohydrate	29.05 g	Vitamin A	9102.60 IU (455.95 RAE)
Total Fat	3.72 g	Vitamin C	18.19 mg
		Iron	1.15 mg
		Calcium	149.17 mg
		Sodium	83.24 mg
		Dietary Fiber	4.94 g

# Squish Squash Lasagna

Meal Components: Meat Alternate-Red/Orange Vegetable-Other Vegetable-Grains

Main Dishes D-59r

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Fresh onions, diced	3 lb	2 qt 1 ½ cups	1. To make tomato sauce, sauté onions and garlic in oil for 2-3 minutes. Add tomatoes, oregano, thyme, and basil. Simmer over low heat, uncovered, for 30 minutes, stirring occasionally.
Fresh garlic, minced	6 oz	½ cup 1 Tbsp	
Canola oil		1 Tbsp 1 tsp	
Canned low-sodium diced tomatoes	12 lb 8 oz	6 qt (2 No. 10 cans)	
Dried oregano		1 Tbsp	
Dried thyme		1 Tbsp	
Dried basil		1 Tbsp	
Whole-wheat lasagna sheets, no-boil, 3 ½" x 7" sheets	4 lb 12 ¾ oz	128 sheets	2. Place pasta sheets in hot water for 7-10 minutes. Remove sheets as dish is assembled.
*Fresh butternut squash, peeled, sliced ¼"	18 lb 8 oz	280 slices	
*Fresh spinach, sliced ⅛"	2 lb	3 qt 1 cup	
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	3 lb 2 oz	3 qt ½ cup	

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# Squish Squash Lasagna

Meal Components: Meat Alternate-Red/Orange Vegetable-Other Vegetable-Grains

Main Dishes D-59r

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
			<p>3. Assembly: Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 100 servings, use 4 pans. Spread ingredients evenly across each pan.</p> <p>First layer: a. 16 lasagna sheets, slightly overlapping approximately 1" b. 2 ½ cups tomato sauce (about 1 lb 2 oz) c. about 2 ½ cups spinach (4 oz) d. 2 lb 5 oz squash slightly overlapping (35 slices)</p> <p>Second layer: Repeat first layer</p> <p>Third layer: a. 2 ½ cups tomato sauce (about 1 lb 2 oz)</p>
			<p>4. Cover with foil and bake until squash is fork tender: Conventional oven: 350 °F for 60-75 minutes Convection oven: 350 °F for 40-55 minutes</p>
			<p>5. Remove from oven. Sprinkle 12 ½ oz (3 ¾ cups) cheese evenly over each pan of lasagna.</p> <p>6. Bake uncovered until cheese starts to brown slightly: Conventional oven: 350 °F for 15 minutes Convection oven: 350 °F for 10 minutes</p> <p>Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.</p>
			<p>7. Remove from oven and allow to set for 15 minutes before serving.</p> <p>8. Critical Control Point: Hold for hot service at 135 °F or higher.</p>
			<p>9. Portion: Cut each pan 5 x 5 (25 pieces per pan).</p>



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# Squish Squash Lasagna

**Meal Components: Meat Alternate-Red/Orange Vegetable-Other Vegetable-Grains**

**Main Dishes D-59r**

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 piece provides ½ oz equivalent meat alternate, ⅝ cup red/orange vegetable, ⅓ cup other vegetable, and ¾ oz equivalent grains.	100 Servings: about 38 lb 8oz	100 Servings: 4 steam table pans

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide	
Food as Purchased for	100 Servings
Mature onions	3 lb 8 oz
Butternut squash	22 lb
Baby spinach	2 lb 5 oz

Nutrients Per Serving			
Calories	175.41	Saturated Fat	1.58 g
Protein	7.59 g	Cholesterol	7.65 mg
Carbohydrate	29.05 g	Vitamin A	9102.60 IU (455.95 RAE)
Total Fat	3.72 g	Vitamin C	18.19 mg
		Iron	1.15 mg
		Calcium	149.17 mg
		Sodium	83.24 mg
		Dietary Fiber	4.94 g